

The Acorn Angle...

October 9th, 2018



WHAT'S FRESH THIS WEEK?

Apples, Daikon Radishes, Onions, Brussels Sprouts, Lettuce, Sweet Potatoes, Peppers, Squash, Pie Pumpkins, Kale,
Herbs: Lemon Balm, Italian Parsley, Mint, Dill

Find our order link at: www.oldoakfamilyfarm.com/direct-orders - Additional information and prices will be detailed.

Hello!

We have officially been touched by the first frost. Our sensitive crops are done, while our hearty crops are now ready to harvest. Brussels Sprouts actually get sweeter after the first frost, so we will start harvesting them as needed.

For the most part we have had a great year with many crops. The sweet potatoes, however were impacted by something other than the weather this season. Deer browse set back over half of our planting this year. We will have sweet potatoes, just not nearly as many as we usually do. This week we are limiting sweet potatoes to 2 pounds. We will also have them available next week, and we will see where our supply stands after that.

Many of you are on track with your CSA credit. If you ordered last week, please take a look at the credit balance sheet we gave you, and please plan how you will spend the remainder of your balance over these last 4 weeks.

Remember - squash is a great addition to many meals, and can be cooked, pureed and frozen. Prior to cooking it, you can store it on the counter or in a dry, cool place for several weeks.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Sweet potato and apple hash with eggs.

Lunch - Butternut squash soup and fresh baked bread.

Snack - Squash muffins.

Dinner - Butternut squash lasagna.

Dessert - Apple crisp.

We have 4 weeks remaining in the CSA season, all the way through October 30th. If you have questions about your credit, please email or call Kyle.

If you are missing anything from your **CSA ORDER** or if your total is incorrect, please let us know. Kyle: 608.386.8066

RECIPE IDEAS

Maple Pecan Brussels Sprouts

3-4 cups fresh **Brussels sprouts**, trimmed
4 TBS Butter
1 tsp seasoned salt (I use Tastefully Simple)
2 TBS real maple syrup
1 cup toasted, chopped pecans

Cut sprouts in half. Sauté halved Brussels sprouts in butter till cooked to desired doneness (about 10 minutes, or until they start to brown a bit – DON'T overcook). Sprinkle in seasoned salt and toss. Add maple syrup and cook for 30 more seconds. Place in serving dish and sprinkle with pecans. (Makes 4 servings)

I include this recipe every year, because it turned me into a Brussels sprout lover! It is a very easy, yummy recipe

Sweet Potato - Apple Hash

1 Tbsp. olive oil
1 cup potato, cut into 1/2 inch pieces
1 cup **sweet potato**, cut into 1/2 inch pieces
1 cup **apples**, cut into 1/2 inch pieces
1/2 cup **onion**, chopped
1 Tbsp. fresh sage chopped

In a large skillet heat olive oil over medium-high heat. Add the potato, sweet potato and onions. Sauté until onions become translucent. Add in apples and sage and continue to sauté until everything reaches desired softness. Season with salt and pepper to taste.

I made a recipe similar to this over the weekend for breakfast. I served it with over-easy eggs & toast.